Amendment to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

Claim 1 (currently amended): An aqueous rinse-off cleansing and conditioning composition comprising:

a) from about 2 to about 40% by weight of an anionic surfactant;

- b) from about 0.1 to about 20% by weight of a co-surfactant which is an ethoxylated cocomonoethanolamide with EO ranging from about 2 to about [12] 6;
- c) from about 0.001 to about 10% by weight of a cationic polymer; and
- d) from about 0.01 to about 30% by weight of water insoluble components with an average particle size of less than 2μm.

Claim 2 (currently amended): An aqueous rinse-off cleansing and conditioning composition comprising:

- a) from about 2 to about 40% by weight of an anionic surfactant;
- b) from about 0.1 to about 20% by weight of a co-surfactant which is an ethoxylated cocomonoethanolamide with EO ranging from about 2 to about [12] 6;
- c) from about 0.001 to about 10% by weight of a cationic polymer; and
- d) from about 0.01 to about 30% by weight of water insoluble components with an average particle size of less than about 2µm;